

## CLAIMS

1. A dietary supplement comprising growth medium from at least one microorganism.

2. The dietary supplement of Claim 1, wherein said microorganism is a fungi.

3. The dietary supplement of Claim 2, wherein said fungi is present as a co-culture.

4. The dietary supplement of Claim 3, wherein said co-culture is a symbiotic co-culture.

5. The dietary supplement of Claim 2, wherein said fungi is *Zygosaccharomyces*.

6. The dietary supplement of Claim 3, wherein said co-culture comprises at least one bacteria.

7. The dietary supplement of Claim 6, wherein said bacteria is selected from the group consisting of *Gluconacetobacter europaeus* and *Bacillus pumilus*.

8. The dietary supplement of Claim 1, wherein said growth medium is dry growth medium.

9. The dietary supplement of Claim 8, wherein said supplement further comprises one or more additional components selected from the group consisting of dry red wine extract, dry shizanda extract, alfalfa, and papain.

10. The dietary supplement of Claim 9, wherein said supplement comprises dry growth medium and dry red wine at a ratio of approximately 2.35:1.

11. The dietary supplement of Claim 9, wherein said supplement comprises dry growth medium and dry shizandra extract at a ratio of approximately 4.7:1.

12. The dietary supplement of Claim 9, wherein said supplement comprises dry growth medium, alfalfa, and papain at a ratio of approximately 7.8:1.67:1.

13. A foodstuff comprising the dietary supplement of Claim 1.

14. A food comprising growth medium from at least one microorganism.

15. The food of Claim 14, wherein said microorganism is a fungi.

16. The food of Claim 15, wherein said fungi is present as a co-culture.

17. The food of Claim 16, wherein said co-culture is a symbiotic co-culture.

18. The food of Claim 15, wherein said fungi is *Zygosaccharomyces*.

19. The food of Claim 16, wherein said co-culture comprises at least one bacteria.

20. The food of Claim 19, wherein said bacteria is selected from the group consisting of *Gluconacetobacter europaeus* and *Bacillus pumilus*.

21. A method of stimulating immune response in a cell, comprising:  
a) providing  
i) a dietary supplement comprising growth medium from at least one microorganism; and  
ii) a cell; and  
b) administering said growth media to said cell under conditions such that an immune response is stimulated in said cell.

22. The method of Claim 21, wherein said immune response comprises a T-cell immune response.

23. The method of Claim 22, wherein said cell is a T-lymphocyte.

24. The method of Claim 23, wherein said T-lymphocyte is part of an animal.

25. The method of Claim 24, wherein said animal is a human.

26. The method of Claim 21, wherein said micro organism is a fungi.

27. The method of Claim 26, wherein said fungi is present as a co-culture.

28. The method of Claim 27, wherein said co-culture is a symbiotic co-culture.

29. The method of Claim 28, wherein said fungi is Zygosaccharomyces.

30. The method of Claim 28, wherein said co-culture comprises at least one bacteria.

31. The method of Claim 30, wherein said bacteria is selected from the group consisting of Gluconacetobacter europaeus and Bacillus pumilus.